

NORFOLK MEDICAL RESERVE CORPS

NORFOLK MRC NEWS

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Norfolk

VIRGINIA



NATIONAL PREPAREDNESS MONTH

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From promoting preparedness to health education and prevention, the MRC was all over town in September. To all who participated—***THANK YOU!!***

Homeless Connect Donations Update

Please keep collecting those bags, backpacks, and duffle bags. Here is where we are for the Homeless Connect event. Please email me with what you get or have and I'll add the items to the spreadsheet. Thank you to Peggy Troyer and Renee Genora for their donations this week! ~Ann Straus

Items still needed for the hygiene packs are:

combs	142
razors	18
tissue	66
toothbrushes	110
Toothbrush cases	150
shampoo	126
toothpaste	35
vaseline/lotion	77
deodorant	74
Wet wipes	150
Hand sanitizers	150
Bags/ Backpacks	101

Thank you for your support!

Electronic Cigarettes: A Safe Alternative?

A college student was smoking an electronic cigarette. He said that the cigarette was smokeless and nothing but water vapor was discharged; therefore, he believed it was acceptable for him to "vape" (inhale nicotine vapor) in the classroom, where smoking is prohibited. The instructor asked him to turn the e-cigarette off. Are e-cigarettes a safe alternative to traditional cigarettes?

E-cigarettes are battery-powered devices made of plastic or metal that heats a liquid nicotine solution, creating vapor that users inhale. Users get their nicotine without all of the chemicals, tar, or odor of regular cigarettes. And they get to hold something shaped like a cigarette while puffing and exhaling something that looks like smoke (The Associated Press, 2013).

E-cigarettes are marketed to smokers to help them give up smoking and satisfy their nicotine in places where smoking is banned. So far, there's not much scientific evidence showing e-cigarettes help smokers quit or smoke less, and it's unclear how safe e-cigarettes are. Small studies that have been done so far hint at both pros and cons; one found that smokers cut back on real cigarettes after trying the electronic kind.

E-cigarettes come in flavors, like cherry, vanilla, and cookies and cream milkshake, which makes them attractive to young people.

The sale of e-cigarettes is currently not regulated in most states, and their use is growing among high school age youth.

Questions remain regarding the vapor they emit. Studies have found particles of metal and silicates in e-cigarette vapor that could cause breathing problems. Although E-cigarettes deliver fewer poisons than are found in traditional cigarettes, they nevertheless have been found to contain carcinogenic nitrosamines and other harmful impurities derived from the tobacco, as well as the additive diethylene glycol, an ingredient in antifreeze (Bloomberg, 2013). With over 200 brands containing varying levels of nicotine and other substances, it is hard to assess their safety; the majority are manufactured in China.

Marketing for e-cigarettes continues to expand. Murray Kessler, CEO of Lorillard, America's third-largest tobacco company said, "I'm de-normalizing smoking, I'm normalizing vaping. I'm making it so five people are sitting around eating dinner and vaping" (WSJ, 2013).

The Food and Drug Administration and states are scrambling to catch up. The FDA will begin to regulate e-cigarettes as tobacco products, because nicotine is derived from tobacco. Some states ban sales to minors and use in public spaces.

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Upcoming Training and Activities

OCTOBER

10/10 Leadership Advisory Council meeting, 9:00-11:00A. Norfolk Health Department.

10/10 Zombie Apocalypse and Other Public Health Emergencies, 6:15-8:00P, Norfolk City Hall. FREE. To register, visit <http://www.norfolk.gov/formcenter/emergency-24/preparedness-town-hall-series-registrati-119>

10/10 Epidemiology for Non-Epidemiologists: Surveillance (videoconference), 9:00-10:30A. Norfolk Health Department.

10/11 BLS certification, 8:30A-12:30P. Virginia Beach Health Department.

10/12 First Aid certification, 9:00A—12:00P. Norfolk Health Department.

10/17 Great Shakeout. Statewide earthquake drill. For more information on what to do in an earthquake, please see the Great Shakeout flyer (attached to newsletter email).

NOVEMBER

11/2 Mass Casualty Incident (START) training, 9:00A-2:00P. Tidewater EMS Council, Chesapeake.

11/7 EMS Symposium. More information to come.

11/11 Veteran's Day, NDPH/NMRC offices closed.

11/12 Psychological First Aid, 12:30-4:30P. Virginia Beach Health Department.

11/13 Psychological First Aid, 6:30-9:30P. Norfolk Health Department.

11/14 Epidemiology for the Non-Epidemiologist: Epidemiology Applications (Videoconference), 9:00-10:30A. Norfolk Health Department.

11/27-11-29 Thanksgiving holiday, NDPH/NMRC offices closed.

DECEMBER

12/24-12/25 Holiday break, NDPH/NMRC offices closed.

*Please register for all activities through Linda unless noted otherwise.
Thank you!*

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Virginia Attorney General Ken Cuccinelli has ruled that e-cigarettes do not violate the state's smoking ban.

Felberbaum, M. (2013). Old Tobacco Playbook Gets New Use By E-Cigarettes. The Associated Press. Retrieved from http://www.ydr.com/business/ci_23789630/old-tobacco-playbook-gets-new-use-by-e

Bloomberg (Editorial). (2013). Vaping May Be Hazardous to Your Health. Bloomberg View. Retrieved from <http://www.bloomberg.com/news/2013-08-18/vaping-may-be-hazardous-to-your-health.html>

August 27, 2013. E.T.Lorillard Isn't Backing Away From Menthol or E-Cigarettes on Retrieved from <http://online.wsj.com/article/SB10001424127887324906304579038844211701578.html>

*Article courtesy of Lisa Billow,
MRC Volunteer*

Up to Date Information on Healthcare Changes

The Patient Protection and Affordable Care Act (PPACA) will bring changes to the way healthcare benefits are delivered in Virginia.

Vaservice.org has created a regularly-updated list of resources to help navigate the changes that will effect organizations, businesses, and individuals throughout the Commonwealth.



Thank you and Congratulations to Avie Howard, Jeanell Webb, Shelia Allen, and Holley Gagnon for completing Level 2 training, and to James Haynes for completing Level 1 training and joining the Leadership Advisory Council.

Volunteer Spotlight

September was National Preparedness Month, and a number of you participated in all kinds of activities—preparedness and routine functions—in keeping our community healthy, safe, and prepared.

Thank you to our rockin' volunteers **Shelia Allen, Ashley Forfa, Brain Freeman, Renee Genora, Sean Hess, Susie Rodrick, and Jim Weckerly**, for their help at the Rock'n Roll Half Marathon. They provided assistance with mobilization, first aid, and demobilization. Great job!

Thank you to **Susan Eilberg, Ken Hart, Tonya Faltz** for their assistance with the NDPH dental clinic reception area, and to **Tonya Faltz** for her assistance with the NDPH immunization clinic reception area. These volunteers helped to cover some tight spots during a staffing transition, and the staff was grateful for your help!

Thank you to **Crystal Exhem, Tonya Faltz, Holley Gagnon, Renee Genora, Ken Hart, Nicole Matthews, Tavia Petway, Ann Straus, Brittany Sumner, Jac Thomas, Peggy Troyer, and Jeanell Webb** for their assistance at the Illuminating Generations of Minority Health event. The MRC provided staffing for registration, vaccinations, blood pressure and BMI screening, assistance with STD screenings, and photography.

Thank you to **Alisha Anthony,**

Susan Eilberg, Brian Freeman, Renee Genora, Jim Hahn, Kerreen Hart, Lamonica Holt, Avie Howard, Ann Straus, Denise Watson, Jeanell Webb, Jim Weckerly, and Earle Williams for their assistance at the Norfolk Airport exercise. Volunteers role-played all sorts of situations to challenge EMS and police in responding to a mass casualty incident.

Thank you to our latest MRC Desert meeting presenter, Acting Environmental Health Manager Harry Bennett for a great presentation, and to **Iris Diaz, Crystal Exhem, Tonya Faltz, Clifton and Michelle Fuller, Renee Genora, Ken Hart, Kerreen Hart, James Haynes, Sean Hess, Avie Howard, Melody Johnson, Melissa Presnell, and Jim Weckerly** for their participation and great questions.

Thank you to **Tina Wood, Melissa Presnell, and Ann Straus** for being ghoulishly good zombies along the Tide Light Rail stops for Zombie Preparedness. These ladies, along with other volunteers from CERT, attracted attention and handed out preparedness information to the public. After all, if you can be prepared for zombies, you can be prepared for anything!

Thank you to **Susie Rodrick, Brittany Sumner, and Crystal Exhem** for their assistance at the STD community health event in Ghent. Great job!

Thank You!